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# INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 52 VOLUME 15

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■ **CHRISTMAS COMMUNITY DINNER:** Port residents served traditional dinner by group of volunteers

## "No one is turned away"

EDDIE CHAU  
 InPort News Staff

PORT COLBORNE — There was a lot of positive love and energy coming from Port Colborne High School's cafeteria last Sunday.

Anyone who stepped into the school on Christmas Day felt the love and affection from the many volunteers and community members present. Anyone feeling lonely during Christmas was welcomed with open arms and treated like family at the 15th annual Community Christmas Dinner in Port Colborne.

"We have a group of hard-working people in the kitchen back there," said Mike Feagan,

the dinner's volunteer co-ordinator. "The turnout is always tremendous. No one is turned away. Last year we maxed out at 100 people, but we also kept delivering meals to homes. No one went home hungry."

About 120 residents from all walks of life attended the community dinner. Those in attendance got to enjoy a traditional Christmas dinner — turkey, ham, potatoes and gravy — along with refreshments and chances to win donated prizes. Anyone without a way to get to Port High received free transportation to the dinner courtesy of Port Taxi.

see **CHRISTMAS DINNER** | page 2



EDDIE CHAU Staff Photo

Joe and Danielle Bilodeau serve some potatoes and buns on the plate of a volunteer server in the kitchen at Port Colborne High School.

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## ■ CHRISTMAS DINNER

# Community celebrates holiday together



## FROM PAGE 1

Meals were also delivered to homes of individuals unable to attend the free community event.

Volunteers lending a helping hand included fellow residents, members of city council and Port Colborne Fire and Emergency Services.

It's the first time resident Sherry Hoover volunteered at the dinner. Hoover, along with her husband, two children, mother and sister, helped wait on tables and to make sure patrons felt right at home.

Earlier this year Hoover's

father, Richard Pringle, died. Instead of celebrating Christmas with her family, Hoover said she wanted to do things differently.

"We wanted to help others, any way we can," said Hoover. "It's a great thing to do to give back to the community. To see the smiles on their faces is worth it."

Denis Bergeron volunteered his time in the kitchen making sure every pot, pan and utensil was spotless.

"I know I'll be doing lots of scrubbing. There's going to be a lot of food coming through here," Bergeron said. "I'm happy to do it. I'm

blessed to have a great life. I wanted to make sure others had the same as well."

Fire Chief Tom Cartwright, along with six full-time firefighters, helped out in the kitchen preparing and serving food to an assembly line of servers that brought the food out to patrons.

Cartwright said even if people can take a few hours of their lives to help out others, it makes the job worth it.

"It's the spirit of the community," he said.

*echau@wellandtribune.ca*  
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EDDIE CHAU Staff Photos

ABOVE: Volunteer Dave Stevens hands a plate of traditional Christmas fixings to patrons.

LEFT: Sandy Lacharity checks on the freshly cooked ham that will serve more than 100 mouths.

## ■ FIREFIGHTING: 16-year veteran fills vacancy created by Chris Cole's departure

## Harry Flagg appointed the new Wainfleet fire chief

DAVE JOHNSON  
InPort News Staff

WAINFLEET — Wainfleet has a new part-time fire chief.

Township council appointed 16-year veteran volunteer firefighter Harry Flagg after a closed-door meeting Friday, Dec. 16,

Mayor April Jeffs said.

She said Flagg was picked after being interviewed by a panel of fire chiefs, including Welland's Denis Prevost, Thorold's Chris Halliday and West Lincoln's Dennis Fisher.

"The fire chiefs were doing interviews all morning and at 2 p.m. we went into a

closed meeting. We accepted their recommendation."

Jeffs said the position, which was held on an interim basis by Tim Bunz after former part-time chief Chris Cole and the township parted ways in August, was posted internally.

Three volunteers applied for the job.

Wainfleet is an all-volunteer fire service with a part-time chief.

"The chiefs stressed the importance that we as a council and the volunteers support Harry in his new role. They also said they would support Harry and us as a council," Jeffs said.

The mayor said volunteer

firefighters were called to the fire hall and told of the decision by herself and Ald. David Wyatt, chair of the township's fire committee.

"They were receptive to it."

Flagg will work 25 hours a week in his role as part-time chief.

He takes the reins

Monday, Jan. 9. A bylaw will be passed at the Jan. 10 township council meeting to officially appoint Flagg to the position.

Jeffs said she, council and the community were very appreciative of Bunz stepping up to take the role of interim chief during the past several months.

# portraits

■ **PORT COLBORNE HIGH SCHOOL:** Students work well in community as part of co-op program

## Co-op a hands-on approach to education

**EDDIE CHAU**

InPort News Staff

**PORT COLBORNE** — They are some of the hardest working people in the community. And they do it purely for the experience.

This past semester several Port Colborne High School students have been active in the community contributing to the workforce at area businesses. For the students, it's an opportunity to gain real world experience in a preferred work field before they make the plunge into post-secondary education.

"It's always interested to see the kids working in the community," said teacher Shawn Coers, who heads Port High's co-op program. "What's really fortunate are the different placements there are out there. Many are repeat placements that have taken students throughout the years."

Of the students taking part this semester include:

Erin Hardy, who works at Boggio Pharmacy, Jon Chase at Thruway Muffler, Hayden VanGool at The Pit Stop, Chris Kerr at Port Colborne Marine, Justin Busch at Marlon Marina and Tabitha Tonnies at Steele Street Public School.

Coers said the school tries its best to match up the students with their preferred work industries. The co-op course is an elective credit at the school.

Before being placed in the workforce students are interviewed extensively to find a compatible match. From there they are paired with a company based on career aspirations or life passions.

The placement lasts one semester. There are currently 58 students signed up for next semester.

The next program will start up in February. For more information on the program call Coers at 905-635-1189 or e-mail [shawn.coers@dsbn.edu.on.ca](mailto:shawn.coers@dsbn.edu.on.ca)



Supplied Photos

This past semester, several Port Colborne High School students have been active in the community, contributing to the workforce at area businesses as part of the school's co-op program. Clockwise from the top photo, Jon Chase at Thruway Muffler, Justin Busch at Marlon Marina, Hayden VanGool at The Pit Stop, and Erin Hardy at Boggio Pharmacy IDA.



# INPORT NEWS

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## our view

## The right location

Lock 8 Park is the unanimous choice as home of a skateboard and BMX park in Port Colborne. At a recent open house, those in attendance picked the park, alongside the Welland Canal, as the preferred site over two others.

The choices, presented by management LANDinc., were H.H. Knoll Lakeview Park, Lock 8 Park, Seaway Park and the fourth location — suggested by youth at the meeting — was just south of the fire hall on Mellanby Ave.

Lock 8 was picked because of its central location and high visibility.

Youth from both side of the canal can easily access the park, by skateboard, bike or inline skates. The recreational trail passes right by it, allowing for access that keeps the youth off of the roads.

High visibility was not only important to the youth involved in the process, but also to Niagara Regional Police, who were also at the meeting. Police supported the location, because it allows them to see the park and ensure the youth there are safe and protected.

While some may see the youth as the problem and in need of being seen, that's not always the case. Yes, some youth can cause problems with bad language or behaviour, but there are also adults that do the same thing.

Not only is the park central and visible, but it's close to the fire hall in an emergency. Youth could even reach out to St. Lawrence Seaway Management Corp. workers who are nearby if they needed to.

There was some opposition to the choice of Lock 8 Park due to it being a tourist location in the city, especially with some teens using language others may find offensive.

But not all youth can be painted with the same brush and one can argue the whole city is a tourist location. Youth in the city, including the Mayor's Youth Advisory Council, were behind the choice of location of the park.

Mayor Vance Badway said youth were empowered throughout the whole process and added it was about time their voices were heard.

To show their support for the project, youth have pledged to fund 10% of the cost.

Depending on the final design of the skateboard and BMX park it could cost between \$600,000 and \$700,000. Money was set aside for construction in 2010.

Badway said people have already approached local youth about funding the project.

We're glad to see both the youth and the community get behind the project.

## I'VE BEEN THINKING

JEEVA SAM  
Morgan's Point and  
Forks Road East United Churches

**H**ave you ever made a New Year's resolution that had the shelf-life of an election promise? (Did you reply: Is the Pope Catholic?)

It is possible that this is because you were adding new coolant to an old heater core?

Oops... I guess I need to tell you the story behind this profoundly life-changing insight, don't I? Here we go.

Several years ago our beast of burden was a 1984 Dodge Caravan, one of the earliest to be rolled out of a Chrysler assembly line. However, by the time this baby became part of our family, it was nearing the "end of the line." Shortly after we purchased it privately on an "as-is" basis (read: no warranty), we noticed it had a rather pronounced problem. How pronounced? Let me set the stage.

We were living in Regina and this was January when the mercury would hover around minus 32 on a balmy day, which was so cold that not even snow would run! Should any occupant of said minivan exhale even so gently, the driver would be forced to steer with one hand and scrape the inside of the windshield with the other. Passengers seated in the rear section could actually witness the birth and growth of icicle stalactites from infancy to adolescence

on reasonably long road trips... get the picture?

Even a non-mechanical observer (namely, me) could diagnose the problem with accuracy: an underheating heater. My ex-mechanic neighbour had pointedly suggested that we replace the aged heater core. But first, I explored a host of alternatives: using a higher grade of coolant, changing the thermostat, wearing two parkas instead of one on top of Arctic-Circle-certified thermal underwear and balacavas, to name a few. The missus dismissed every one of them, so I took the van to our trusty mechanic, who took a different approach.

He suggested we start with a heater core flush, as a vehicle of this vintage would have accumulated a lot of sludge, the removal of which would allow the coolant to perform its heating function more efficiently. Forty five minutes of a high-pressure chemical treatment and \$4,200 later, the van was blowing enough hot air to keep the House of Commons warm in mid-winter with no politicians on the premises! I learned that new coolant in an old heater core would produce no better results than New Year's resolutions in an old human core!

Jesus stated this reality in Luke 5:37: "No one pours new wine into old wineskins. If you do, the new wine will burst the skins, the wine will run out and the wineskins will be ruined. No, new wine must be poured into new

wineskins." He was referring to the fact that fermenting new grape juice would stretch rigid old sheepskin containers to the bursting point...therefore it was imperative that new wine be kept only in new wineskins.

The state of the container determines the fate of the contents. New resolutions call for new wineskins. Stated negatively, "old programming" leads to "self-sabotage." New Year's resolutions need a New You to make them work! This is what Jesus seems to be saying.

Therefore, you may want to do what my wife and I did last January—begin the New Year with a time of fasting and prayer, asking the Holy Spirit to flush out the sludge that has built up in the core of your being. The sludge is a blend of unforgiveness, unrepentant sin, unhealed memories, hardened attitudes, calcified character flaws, ungently beliefs, unhealthy generational influences, etc. You may need the assistance of trained spiritual mechanics to help with the flushing process, as we did. Of course, the removal process took way longer than one power-packed 45 minute session! As a matter of fact, it continues on an ongoing basis.

But, it has been well worth the effort to become a New Wineskin in which New Year's resolutions were actually kept by your truly. It's a reward first time in a long time. It can happen for you as well. Happy New Year! Happy New Year!

## COMMUNITY: Lakeshore's construction, art students make toys to bring smiles to less fortunate

## The other Christmas gift bookshop

EDDIE CHAU  
InPort News Staff

**PORT COLBORNE** — Lakeshore Catholic High School's woodshop has been just as busy as Santa Claus' workshop this time of year. But instead of everybody else toiling away at making toys for children around the world, the Lakeshore students were doing their part to put smiles on faces of Port Colborne children this Christmas.

With the cut of a saw

here and the turn of a drill there, the construction and manufacturing technology students used their ingenuity to create toys such as rocking planes and animal puzzles.

The project, Santa's Workshop, is organized by Lakeshore teachers Tino Nuccitelli, Mike Stevenson and Joe Sciarra. Since September, students have volunteered their time after school at the wood shop to work on the wooden toys that will be given to Port

Cares to be distributed to families in need as part of the organization's Adopt-A-Family program.

"It's our second year doing this," Nuccitelli said. "Everyone is game to help out."

Santa's Workshop is a collaborative effort among the construction and manufacturing technology and visual arts department at Lakeshore.

Once the toys are cut and assembled, they are transported to Ewelina Fanfara

and Vanessa Iannantuono's art class where their students help paint the toys.

"It's a rewarding experience for the students, Stevenson said.

"It gives them a good sense knowing they're giving back to the community. The students get involved and create a wonderful toy that will be enjoyed by other children. It's a good thing they are doing."

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## ■ LANDER RECOGNIZED FOR WINNING MONOLOGUE COMPETITION



MARYANNE FIRTH Staff Photo

Port Colborne High School student Katelyn Lander is recognized by Port Colborne city council for taking the top spot in District School Board of Niagara's monologue competition. Lander, centre, is pictured with the school's head of arts and culture, Amy Converset, and Mayor Vance Badawey.

## ■ COMPETITION: Port High finishes fourth among 57 southern Ontario teams

# Blue Bots earn robotics award

LINDSAY COSTELLO  
For InPort News

**PORT COLBORNE** — Remote control devices aren't just for kids.

The Port Colborne High School robotics team made its mark on the robotics world this month, competing in the Southern Ontario VEX Robotics Championships on Dec. 10 in St. Catharines.

Although this is the first year for the robotics team, the five-member ensemble known as the Blue Bots held its own against 56 other teams, going undefeated in the qualifying rounds and advancing to the semifinals.

"There are a lot of rules

you have to follow," said Grade 11 student Mathew Pilon of the complex competition that required teams to design, construct and program a robot to pick up tennis balls and shoot them into barrels.

Not only did the team finish the day in fourth place, but its members were able to capture the VEX Robotics Build Award, which is given to the group with the most reliable and professional quality robot.

Competitors receive a kit of materials prior to competition time that they must use but how the kit is used is in the hands of each individual team.

Riley O'Hara, also a Grade 11 student, said there are challenges the team faces as there are many things that can go wrong when working with a robot, but was pleased with the team's ranking in comparison to more experienced groups.

"They did well," said robotics teacher Mike Perrelli, who supervises the group, adding he was pleased with the success that has come from a short time at the helm.

The Blue Bots are in the midst of creating a second robot and will compete with both of their creations when they head to the St. Catharines VEX Robotics Championship on Feb. 18.

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■ **GARDEN GIFT SHOP:** SuePetSales open for online business

# Never a dull moment for mixed-media venture

**EDDIE CHAU**

InPort News Staff

**PORT COLBORNE** — Consider it a perfect partnership between two like-minded individuals.

Artist-photographer Sue Petri had always been independent when it came to running her own business.

A few years ago when she took on Danielle Hilborn from Port Colborne High School as a co-op student, there was an

instant chemistry that formed between the two.

"It was a great partnership," Petri says.

Adds Hilborn: "We always feed off each other. We're such a great team."

When the co-op placement ended for Hilborn, a post-secondary education was calling. While Hilborn was studying at Sheridan College, Petri had thoughts about expanding her business.

Upon Hilborn's graduation, Petri thought it would be a wonderful idea to bring her former co-op student on as a partner in the business.

What resulted is SuePetSales Garden Gift Shop, a one-stop shop that offers mixed media products for sale as well as workshops in photography, polymer clay design, decoupage and scrapbooking.

"It's not as fun when you

do things on your own," Petri says. "With Danielle here as my partner, it's never a dull moment."

Petri serves as the creative side of the business, focused on teaching the workshops and creation of the products while Hilborn's focus is on marketing and promotion of SuePetSales.

Among products offered are earrings, pendants, chalkboards, journals and notebooks. Each item is made one of a kind featuring photographs by Petri.

"I incorporate fine art photography (into the work)," Petri says. "It brings new life into every item."

The duo have been busy since the garden gift shop opened in early December. Whether it's filling out orders, coming up with new products or teaching a workshop, it's

never a dull moment for Petri and Hilborn.

"The ball never stops rolling for us," Hilborn added.

For more information on

SuePetSales, visit the online store at [suepetsales.etsy.com](http://suepetsales.etsy.com) search for "SuePetSales" on Facebook or by calling 905-835-2266.



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**TOWNSHIP OF WAINFLEET**  
**NOTICE**  
**PUBLIC MEETING**  
**ARENA ADDITION**

Please be advised that Council for the Township of Wainfleet will be holding a public meeting on **Tuesday, January 24th, 2012, at 7:00 p.m.** in the Council Chambers located at 31940 Highway 3, Wainfleet. The purpose of the meeting is to gather public comments and input regarding proposed renovations to the Wainfleet arena. The Township has retained the services of an architect who will present various conceptual designs with construction cost estimates. Designs will be on display at the arena for viewing by the public 3 business days prior to this public meeting. Any inquiries with respect to this matter should be directed to Mr. Greg Wuisman, P.Eng at (905) 899-3463, extension 245 or [gwuisman@wainfleet.ca](mailto:gwuisman@wainfleet.ca).



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EDDIE CHAU Staff Photo

Danielle Hilborn and Sue Petri have teamed up to open SuePetSales Garden Gift Shop, which specializes in photography, mixed media products and instructional classes.

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## ■ SPORTS


## FRONTENAC VOLLEYBALL LEAGUE

Here are the latest results from club Frontenac Volleyball League from Friday, Dec. 16. Organizers thank everyone for a great first half of the season and wish everyone a safe and happy holiday. The season resumes January 13.

## Competitive A

McNay Construction 3  
Island Heat 0

Buckner's 0  
Frank's Home Hardware 3



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Smokin Buddha 1

Davidson Funeral Homes 3

Canalside 0

The Healthy Cupboard 2  
Emerald Pines 1

**Competitive B**

RCJ Dream Renovations 3

Port Colborne Laundry 0

Drifter's 1  
Boggio's 2

The Reeb House 0  
Dr. Parr Optometry 3

South Coast Cookhouse 0  
The Belmont 3

Drifter's 1  
The Mill Ridgeway 2

F.A.Y Farms 1  
The City Tavern 2

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## Ask Our Pharmacists



DONNIE EDWARDS  
R. Ph. B. Sc. Pharm.

### Dry Skin

At this time of year patients are starting to complain about dry skin. Dry skin management often involves some trial and error of different products, but there are some general rules everyone can follow to help manage symptoms.

Dry skin occurs when oils in the skin are lost and water that is normally in the skin is able to escape. When bathing or showering it is important to use lukewarm water as opposed to hot water. Hot water can cause more oil to be lost from the skin and cause itching and dryness. Soap should be used only for groin, underarms, and feet. Other moisturizing body washes can be used for the rest of the body. After showering or bathing apply a moisturizer to help retain some of the moisture from the shower.

There are many different types of moisturizers. Depending on the ingredients they have separate functions. Some ingredients can hydrate and soften the skin. Others provide a barrier to prevent water loss, and others help to draw water to the top layer of the skin. Depending on what combination of ingredients are used there are four classes of moisturizers. There are ointments, oils, creams, and lotions.

Examples of ointment moisturizers include Aquaphor, and Vaseline. These moisturizers can be greasy and only a small amount is needed. They would be useful for someone with very dry hands. They can be applied at night under cotton gloves.

An example of an oil moisturizer would be baby oil. Again, only a small amount is needed. It is not a good idea to add these to the bath because they can make the tub very slippery. As well they can cause yeast infections when added to bath water.

An example of a cream moisturizer would be Cetaphil moisturizing cream. Cream moisturizers are generally less greasy, and very gentle for sensitive skin. Cetaphil specializes in products that won't cause acne and are safe for people with allergies.

Lotions are the least greasy; however, they sometimes contain alcohol and can be drying. An example would be Nivea body lotion. Read the label on the back of the lotion. You may want to avoid those that contain alcohol.

In general, most moisturizers need to be applied several times throughout the day.

Our cold dry climate leads to many complaints about dry skin. Luckily, there are many products on the market that can help even the worst sufferers. If you are not sure about what is right for you, you may need to ask for some professional advice.

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■ **COUNCIL:** Mayors to meet with constituents

# Levees set for Wainfleet and Port

InPort News Staff

**WAINFLEET** — The township's doing something a little different for the 2012 mayor's levee.

Mayor April Jeffs said the levee, to be held Saturday,

Jan. 7 at 1 p.m., in addition to being a chance for residents to talk with her and council, will also see Christmas tree burnings.

"People can drop off their trees ahead of time if they can't be there that

day," said Jeffs, adding residents can contact the township office for more information.

The levee will be held in the ball diamonds off of Station Rd. behind the arena and Marshville

Heritage Village. It's the area where trees, real trees only, will be burned as well under the supervision of the fire service.

"We thought we'd do a little something different this year," said Jeffs.

Mayor Vance Badaway said his levee will be held the day following Wainfleet's.

"Ours is on Sunday, Jan. 8 at 1 p.m."

Badaway said he and council will be on hand

at city hall for the annual levee and all residents are invited to come out.

For more information on both levees contact Wainfleet at 905-899-3463 and Port Colborne at 905-835-2900.



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■ **FREEZE:** Feeder Canal to be turned into skating rink

# Wainfleet mayor hoping for cold weather

InPort News Staff

WAINFLEET — If the temperature dips below zero for the next few weeks, it will make Mayor April Jeffs happy. And, she hopes, it'll make Wainfleet residents happy,

too.

Temperatures below the freezing mark will help freeze the Feeder Canal and that will open up a section of it to skaters.

Jeffs said the township recently received permission

from the Niagara Peninsula Conservation Authority to clean up a section of the canal just west of Hwy. 3.

The section runs west, parallel to Clarendon St. on the north side and Feeder Rd. South on the south side, to a

small side street past Station Rd. "We've been in touch with Lakeshore Catholic (High School) to see if they'll do some electrical work for us," said Jeffs.

Students from the special

high skills major program have done some work for the township in the past as part of their classwork and Jeffs is hoping they can light up that section of the feeder.

"We're also looking for volunteers that can shovel off

snow and keep the area clear," she said, adding that is if it freezes and snows.

"It'll be a neat thing." For more information on volunteering, contact the township offices at 905-899-3463.

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# ■ CRIME: Police raid Hwy. 3 property

## Cops seize gun, drugs, cash in Wainfleet

InPort News Staff

WAINFLEET — Niagara Regional Police seized cash, drugs and a gun from a Wainfleet residence during a search of a Hwy. 3 home on Monday, Dec 19.

In a release, police said in early 2011 they began receiving information in regards to the sale of

illegal drugs by a resident of the township and an investigation was launched.

This fall, members of the street crime unit and the mobile surveillance unit monitored the person's activities. On Monday, police executed search warrant at an address on Hwy. 3.

As a result of the investiga-

tion and search, police seized more than \$5,000 in Canadian currency, about \$800 in cocaine and \$1,100 worth of marijuana, more than \$500 worth of various prescription medications and a prohibited weapon.

Facing charges of possession for the purpose of trafficking, possession of a controlled sub-

stance, possession of proceeds of property obtained by crime, and possession of a prohibited weapon is Preston Woods, 27, of Wainfleet.

Also charged with possession for the purpose of trafficking, and possession of proceeds of property obtained by crime is Lindsey Roesch, 23, of Fort Colborne.

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## ■ EDUCATION



## Fire safety with Sparky

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Alexa Zutt, left, and Chase Kish, both Grade 2 students at Oakwood School, won a colouring contest that was held as part of the Port Colborne Fire and Emergency Services fire prevention week activities. Alexa, Chase and their classmates were visited by Sparky and on-duty firefighters, and treated to a pizza lunch. The contest winners also received a gift bag with all sorts of goodies.



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WANTED! OLD TUBE AUDIO EQUIPMENT. 40 years or older. Amplifiers, Stereo, Recording and Theatre Sound Equipment. Hammond organs. Any condition, no floor model consoles. Call Toll-Free 1-800-947-0330 / 519-653-2157.

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# The Healthy Cupboard

**Customer  
Appreciation Day**

**Wed., January 4, 2012 Open Late until 7PM**

## Introducing Neo 40 Daily Increase Your Nitric-Oxide

Nitric oxide, or more simply **NO**, is arguably the most important molecule your body produces. Unfortunately very few people know what it is or what it does for our body. **NO** is the molecule produced by the cells that line your blood vessels that control blood pressure, plaque formation and inflammation. It is also produced in your brain to act as a neurotransmitter and by your immune system to help fight off infections. The science of **NO** is relatively new, but it's importance was almost immediately recognized. In 1998 three U.S. scientists were awarded the Nobel Prize in Medicine or Physiology for their discovery of **NO**. Dr. Valentin Fuster, then president of the American Heart Association, noted in a 1998 interview that "the discovery of **NO** and its function is one of the most important in the history of cardiovascular medicine."

The lack of **NO** greatly affects our body, and when we lose the ability to generate sufficient amounts of **NO**, this sets the stage for a number of different disease processes. As we age, we become **NO** insufficient and scientists believe this is the earliest sign of progression of many diseases including cardiovascular disease, the number one killer of men and women in North America. Unfortunately, until recently there was really no way to know if you were **NO** insufficient because there were no diagnostics for doctors to tests their patients. Furthermore there was no real solution to restoring **NO** homeostasis. Backed by over 10 years of research and testing, NeoGenis Labs has developed the first and only nitric oxide test strip to test **NO** availability and also the first clinically proven technology for restoring **NO** homeostasis in patients over 40 years old. Neo40 is an all natural dietary supplement that has been shown in a double blinded placebo controlled clinical study to restore nitric oxide and reduce cardiovascular risks. The results of the trial showed that taking Neo40 for 30 days led to restoration of **NO**, 27% reduction in triglycerides, modest reduction in blood pressure and C-reactive protein (a marker of inflammation). Most notable effects of Neo40 in patients were an increase in energy, better mental acuity and focus, more endurance and better performance when exercising and better sexual health.

**WISHING  
EVERYONE A HAPPY  
NEW YEAR!**

**NOW  
AVAILABLE**



**Tanya and  
Ian Birrell**

Owners of The Healthy  
Cupboard

**healthycupboard@gmail.com**

## TWO LOCATIONS

**PORT COLBORNE**  
101 CLARENCE STREET  
(Across from Food Basics)

**905 835.9806**

**FONTHILL**  
111 HIGHWAY #20 EAST  
(Across from Sobeys)

**905 892-9054**